

Physical Health & Wellbeing Team Activities

Monday	10am-11am Couch to 5K in Locke Park	11am-11.45am Boxercise in Locke Park Band-stand	11.45am-12.45am Back to netball Stocksbridge Leisure Centre - £4/session	7.30pm-8.30pm Game changer football at Veda Kendray
Tuesday	11am Boxercise – Barnsley Recovery College	1pm-3pm Gardening Swanee Road allotment		
Wednesday	10am-1pm Cycling Kendray Hospital	2pm Circuit training Barnsley Recovery College	2-3pm Walking Netball 55+ Penistone Leisure Centre £4/session	
Thursday	11am-12 Pickleball at Hoyland Leisure Centre - £3/session	12.45-2pm Football at Oakwell Training Ground	10am-12pm Ladies bike ride session at Kendray Hospital	5.30-6.30pm Netball at Honeywell Sports Centre - £3/session
Friday	10am-11am Couch to 5K at Locke Park	12pm-1pm Supported open water swimming - Manvers Lake MEMBERS ONLY	12pm-2pm Men's only bike ride from Kendray hospital	Barnsley Recovery College Gym REFERRALS ONLY
Saturday	9am-11am Locke Park Run (5k)			
Sunday	10AM-1PM Cycling Kendray Hospital			

All activities are updated on a regular basis. There is no need to book, just turn up. If you have any questions- **Hannah Burton (Manager) – general enquiries (07917 650091) email: phwbt@swyt.nhs.uk**